



# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP


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## The elder boom – preparing for an aging population



by Susan Beckett  
Publisher

My father turns 90 in September. Although he lives independently and enjoys all-round good health, I am aware that could change quickly. This, and my own rapidly-approaching reclassification as a senior, sparked my interest in the July 13 Whitehouse Conference on Aging.

In preparation for the conference, Congresswoman Debbie Dingell held community conversations so residents could voice their ideas, challenges and concerns regarding long-term care and get advice from the assembled area experts. Dingell is using what she learned to help craft policy solutions.

Judging from the packed room at the Pittsfield Township Senior Center conversation on June 29, many in the community share my concerns about finding and affording care for the last years of life. One resident shared that long-ago she had started making monthly payments for long-term care insurance, and though she had read the policy when she first signed up for it, over the years the insurance company had diluted the coverage. One of the experts in the room added that people often make payments for years but can no longer afford them when they stop working and thus lose all coverage.

Another participant shared that her husband had multiple sclerosis and that they had long-term care insurance and the money for first-class treatment. Yet when he required residential care, no beds in high-quality facilities were available anywhere in southeast Michigan for the six months they searched. She said that even finding good home care assistance was hard because it is difficult work for only \$9-10 per hour.

One suggested policy improvement was to allow a tax deduction for long-term insurance premiums. Other policy changes discussed would aim to prevent fraud and price gouging, such

as hospitals charging four dollars for a Band-Aid. Dingell responded that the Affordable Care Act's cap on insurance profits has made a dent in containing healthcare costs – which fell last year for the first time in over a decade, but a reduction in funding for investigators has slowed fraud detection.

Speaking of the experience she has gained in the last year or two because of the health issues that confronted her husband, former Congressman John Dingell, Debbie Dingell commented, "I'm a wife first. I don't use the word 'senior'; I use the word 'seasoned' – seasoned and wise."

Dingell sees this looming influx of aging baby boomers as an opportunity to craft a new paradigm on "seasoning." She noted that it would not be politically easy but that effective grassroots activism could accomplish it. She encouraged residents to cultivate allies in other Congressional and legislative districts.

"Talk to your state legislators [about low wages for healthcare aides]. Remind them that Ford brought prosperity to this area with decent wages," Dingell urged.

Dingell added, "I've been living a lot of these issues myself... I get that I am luckier than 99 percent of the people in this country, yet I found myself lost in a maze of systems that aren't integrated and aren't designed to be helpful."

Along the way she learned that Medicaid pays for institutional care (once personal resources have been exhausted) but will not cover the less expensive home-based care. In 2012, \$312 billion was spent on long-term care. As those expenses are expected to double in the next 20 years, finding cost savings will be crucial.

Leigh Mcleod of Lutheran Social Services added that waivers can garner payments from Medicare or Medicaid to cover private duty home care but that the wait times until they are granted are excessively long – typically several months.

Dingell stumbled onto the fact that Medicaid does not cover hearing aids, and consequently, 50 percent of Medicaid recipients who need hearing aids don't have them. Current research shows a decline in mental acuity that

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### GROUNDCOVER

#### MISSION:

*Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.*

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## Personal versus objective truth

To the editor:

Angie Martell's claim [in the July issue of Groundcover] that empowerment comes from living "your truth" is not true. "Your truth" and "my truth" are just opinion unless they match reality. What sets us free rather is the truth itself.

It appears that Ms. Martell is dedicated to the laudable work of conflict resolution. In this context both parties need to hear, understand, and learn empathy for the other's point of view, for their grievances, goals and needs. But conflict cannot be resolved without justice, and justice is quite impossible without objective truth. Objective truth is the standard that both sides must agree to submit to. It allows everyone to understand who is due what. It would be absurd to attempt to dismiss a plaintiff who says I stole her purse with "well, it's your truth that the purse belongs to you; but that is not my truth."

Ms. Martell asks, "Do you bring honesty, integrity, and compassion to your personal and business relationships?" But honesty, integrity and compassion are not independent of an objective standard. I speak the truth or I lie.

My actions are consistent with what I profess, or they are not. I help a fellow in need, or I don't. This is not to say that these virtues are exhausted by their outward appearance. Indeed, a person's hidden motives determine whether or not an act is truly compassionate, for example, or if he or she is merely being nice in order to manipulate someone. This unseen element – one's impure or mixed motives – I think leads many to conclude that most everything in the human mind is subjective. But motives can ultimately be untangled and understood, though, admittedly, it is not often easy to do so.

And neither is this to disrespect the varying subjective feelings that different people may have toward the same event. Emotions are a window into one's inner life and as such need to be taken seriously. They express a certain reality about a person.

«To thine own self be true,» it is said. Yes, one must follow his or her

conscience. We have to be honest with ourselves about what we truly love and where our motives are. But we are also obliged to inform our consciences and not lead them into delusion. I must ask myself: is what I have my heart set on really good for me? This is where trust comes into play – can I trust other people? Can I trust that people now living, and also those who perhaps lived centuries before me, may have an intelligent insight about what truly leads to happiness, and what ends up in despair and ruin?

Thank you for considering my comments, and for your commitment to bettering the lives of the homeless.

Paul J. Malocha



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## Reflecting on robins



by Rev. Dr. Martha Brunell  
Groundcover Contributor

In the six states where I have lived, the most recognizable songbird's egg is the delicate blue robin's egg. Midway through a recent week of vacation, Peggy, who was caretaking my cat Sophie, sent me a picture from the high window ledge above the church entrance. She knew I had often watched the robin's nest there from the first messy signs of its construction through the early days of an adult robin sitting on the eggs.

While I was away, one of the three eggs hatched. Peggy's picture was of a small naked creature lying beside the other intact eggs. In less than two weeks the remaining eggs hatched, the young birds matured, and the first two flew

away from the nest. I never realized before how quickly the whole process is from hatching to flying. It's a clear reminder of the shortness of life for many of us in the broad sweep of creation.

Most summers at least one brood of robins is raised on that window ledge location. There are several schools of thought at church about whether it is a good spot for a family or not. I think it is an excellent place given the protection it affords during stormy summers like this one. Many a nest has been blown out of the trees after high-pitched winds and rain hit the area. I have quite a collection of nests retrieved from the ground. On the morning after one of those recent storms, I saw a good-sized baby robin, surely not far from successful flight, wobble into the overgrowth where a fence line once stood. Would that one survive and ever fly? It is questionable. Another advantage to the nest on the ledge is that we can sit or stand at the top of the stairs

inside church and see the nest action as young birds are fed, mature, and get ready for flight.

Last Sunday one of the parent birds was delivering instructions to three eager offspring jammed in the nest. I wondered if the chirping was about flight tips. Other people around me are of the opinion that the window ledge is a risky family location. After all, parent birds are giving flying lessons not over soft grass but above the hard surface of the concrete below. Several mid-week gardeners were thrilled a few days ago to see one of those birds take off from the nest and fly over the concrete safely to a cedar tree.

Driving home from taking pictures this morning on a bridge crossing the rain-soaked Kisuwaukee River, I caught sight of a barn cat seeking cover in the tall corn across the road. At first I thought the light-colored cat had very interesting facial markings. Then I saw

its mouth was stuffed with a good-sized young bird. The cat was going to dine in the privacy of the corn. There are certainly risks to birth and childhood *en plein air*!

The robins remind me of the speed at which we change, grow, and pass through the seasons that are ours. I see with them the risks that await us at every turn. And I am grateful for the witness they make to a continued pattern of birthing new life several times as each summer stretches out. I live with more security than they do, but when I'm honest I acknowledge that I too face similar creature risks. For the blink-of-an-eye unfolding of life, the risks we share, and the opportunity to keep on ushering in and nurturing the new, I thank my robin neighbors. There is much that you and I have in common with them.

## The elder boom – preparing for an aging population

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correlates strongly with the loss of hearing. And how do you follow recommendations or answer a doctor's questions when you can't hear what they are saying?

To address that problem, Dingell has sponsored her first piece of legislation, the Medicare Hearing Aid Coverage Act of 2015. A representative from the Aging Disability Resource Center pointed out that hearing-impaired people under the age of 65 face the same challenges as deaf seniors.

Dingell also has released a Long-term Care Guidebook, which provides resources for people dealing with long-term care in Southeast Michigan. She applauded local agencies working toward the same goals. Jim McGuire, Director of Research, Policy and Advocacy at our Area Agency on Aging, invited people to contact them for assistance with referrals and selecting Medicare and Medicaid plans. The Agency also provides advice on how to self-manage chronic diseases.

Another presenter at the conversation, Pittsfield Charter Township Supervisor Mandy Grewal, shared the steps the Township is taking to be a community where people can age in place. Along with construction of dense downsized housing along Oak Valley Road, new condominium units is an assisted living unit, the township are co-locating housing and services near State St. and



At a community conversation at the Pittsfield Twp. Senior Center on June 29, 2015, Congresswoman Debbie Dingell listened as people shared their stories and concerns about finding care for the elderly.

Textile. They are also putting curb cuts in sidewalks to accommodate walkers and wheelchairs, expanding bus service and adding bike trails as part of their "placemaking" plan.

This is a burgeoning trend. Iowa City, for example, provides incentives for senior housing and promotes walking and bicycling which are safe exercise choices for many seniors. Small loans are available to help older adults make needed home repairs, thereby extending their ability to live independently. "Our goal is to make our community welcoming to seniors," Iowa City Mayor Matt Hayek said.

Knoxville, Tennessee is positioning itself to be the first dementia-friendly city by becoming "dementia aware." They are teaching their responders, hospitals, retailers, bankers and citizenry how to interact effectively with people who are confused. One simple project is getting area hospitals to put the purple dementia sticker on the wristbands of affected patients so that all staff can see at a glance what the patients' status is and interact with them accordingly.

Attendees of the White House Conference on Aging (WHCOA) on July 13 were reminded by Fernando Torres-Gil, Director of the UCLA Center for Policy

Research on Aging, that we are all "temporarily abled."

Necessary assistance goes beyond housing and personal care. After years of reduced buying power and greater numbers needing meals, advocates welcomed announcements at the WHCOA of planned funding increases for senior meal programs, including Meals on Wheels, and provisions that will make it easier for seniors to get Supplemental Nutrition Assistance Program (SNAP) benefits and use them for meal delivery programs. This is particularly relevant because studies show that a healthy diet in later years reduces the risk of osteoporosis, high blood pressure, heart diseases and certain cancers.

The President's 2016 Budget also includes \$455 million for the Supportive Housing for the Elderly program (known as Section 202) within the Department of Housing and Urban Development (HUD) to support affordable housing with services such as cleaning, cooking, and transportation for very low-income or frail older adults.

With the United States' population of seniors expected to double in the next 40 years, enabling people to "season" in their own residences for as long as possible – and having an adequate supply of alternatives – is worthy of not only discussion but action. The WHCOA established a promising framework and it is now up to Congress to fill it in.



# Groundcover goes global: international street paper summit builds skills

by **Francesca Lupia**  
Groundcover Contributor

"I wanted to meet the bigwigs," Joe Woods, Groundcover Vendor #103, admitted with a smile. "That was my reason for wanting to go out there. But instead, I had the chance to get a bigger outlook on what street papers are about. Seeing that people from everywhere, all parts of the world, sell street papers helped me look at Groundcover in a different light."

Woods, who sells Groundcover News on the corner of Main and Liberty outside Cherry Republic, was one of five Groundcover representatives who traveled to Seattle, Wash. last month for the 19<sup>th</sup> Annual Global Street Paper Summit. The conference, organized by the International Network of Street Papers (INSP), brought 119 delegates from 22 different countries to the campus of Seattle University from June 24-26.

The three days of speeches, seminars, and site visits gave vendors, staff, and volunteers from 44 different newspapers the opportunity to build professional skills and share ideas. Throughout the conference, vendors from Seattle's own street paper, Real Change, acted as informal ambassadors to the city, even (in Joe Woods' case) offering delegates a chance to join them on the streets and see "how people really live out there."

Groundcover's delegation consisted of three longtime vendors (Woods, Shelley DeNeve, and Eddy Powell), office staff volunteer Keagan Irrer, and collaborator Myra Poplin, sales and marketing director at The Ann magazine. Woods, Irrer, DeNeve, and Powell earned their delegate status by writing personal essays about their goals and expectations for the conference. They were required to raise part of the money for their plane tickets to and from Seattle.

After arriving in Seattle, delegates were largely free to plan their own conference experiences. Each day began with an opening address and closed with a group dinner and special event (including the INSP Awards ceremony and the "Portraits of Homelessness" multimedia exhibition), with the intervening time set aside for breakout sessions and networking. Session topics ran the gamut from "Ethics and Excellence in Journalism" to "Vendor Writing" to "Mobilizing our Readers." Daily keynote addresses from professional

journalists touched on the changing role of journalism and the power of art in creating social change.

Joe Woods chose to hone his professional technique at a Marketing 101 class and a seminar entitled "The Good News about Fundraising." The latter session centered around a message that resonated strongly with Woods: "[Fundraising] isn't about money. It's about people putting their trust in you and making connections," he said.

How does this relate to the street newspaper model? Woods explained, "Most people don't want to solve big

**"Most people don't want to solve big issues because they're big."**

issues because they're big. People want to solve problems because they *can* solve them. We can't just ask people to stop homelessness – that's too big, you can't stop that. But if we give people a way to make a difference

[e.g., support a vendor by buying Groundcover], they'll feel like they can solve the problem."

Woods and his fellow vendors also seized the opportunity to build relationships with the staff of other publications. "I enjoyed talking with Skip [Anderson, the editor of Nashville's The Contributor]," Woods reflected. "I was one of only a couple of street paper vendors there [at the conference], and I threw some ideas at him about how to help vendors. I hope that connection can last."

On Thursday, June 25, Woods took advantage of his newfound connection with Seattle's Real Change vendors by hitting the streets and helping them sell papers. He was inspired by "the pride [vendors] take in what they do. They're really happy that they're working. Some people just see the paper as a way to make a little extra change. But really, it's a way to make some decent money and provide a living for yourself. That sort of pride, it comes from within."

While Woods sampled the Seattle street paper experience, Groundcover's other attending vendors also took the chance to explore Seattle. Eddy Powell reconnected with his sister and niece, both Seattle residents, for the first time in nearly three years. Shelley DeNeve toured downtown Seattle with other delegates, both visiting famous sites and witnessing firsthand the everyday life of Seattle's homeless.

After three days of conversation and connection with vendors and staff from

different parts of the world, Groundcover's representatives returned to Ann Arbor with fresh insight and ideas. "They had some great stuff," enthused Woods. "One paper sells a version strictly for kids. And Real Change gives all of its vendors survival packs [a backpack filled with necessary supplies for living on the streets, including food, water, and first aid tools]." Woods brought a Real Change survival pack back to Michigan, and hopes that Groundcover might one day be able to provide a similar service.

A natural salesman with a knack for storytelling, Woods returned from the conference with renewed zeal for his work. "To be honest," he laughed, "I was worried that the conference would be really boring. But I thought I might as well go out there and represent my

organization. In Seattle, I got to see how big this homeless issue really is – and it's helped me look at Groundcover differently. I'm a part of this community, and I want to play a bigger part in what I do and how I lead other people."

The next Global Street Paper summit will take place in summer 2016 in Athens, Greece. Woods hopes to return as a delegate, and is already raising money for his transatlantic plane ticket. To any vendors considering whether or not to apply, he offers this advice: "Go! It's an experience you don't want to miss. It'll help your business, because coming back from that conference, you'll take what you do more seriously."

*Look for a special Global Street Paper Summit anthology issue of Groundcover News in late summer 2015.*

## This isn't the world I left



by **James Allen Hutson, CFLE**  
Groundcover Contributor

"Thank you for coming in today. If we are interested, we'll contact you."

That phrase is more common now in my life than the "we'll pray for you" that I've heard many times in my entire journey so far. And usually it is in the form of an email; gone are the days of human interaction. At least when I hear, "I'll pray for you," I can tell if they are serious or not.

One day back in 2010, I arrived home from a job as an Electronic Validation Technician contracted with Ford Motor Company. I wasn't even in the door when my HR guy called... I was being laid off. The reason: I didn't have a college degree.

I have fought for and obtained that degree, working four jobs while being a single parent to two adolescents – one with special needs – and going to school full-time for four years. I have leveraged all I have into an additional \$54,000 in debt in order to be more qualified for the job market than I have ever been in my life. I hope I haven't invested in a pipe dream.

I have networked, interviewed connections, reached beyond the career field into non-traditional jobs and have even spoken to interviewers about interviewing. I am better suited for this process of job application than I have ever been before.

Now I can't get in the door to discuss my credentials, experience and academic knowledge. And I'm being turned down from the traditional "soft-jobs" that are minimum-wage, like fast-food restaurants and retail stores, presumably because I am overqualified.

Oh, there's some glimmer of hope on that distant horizon. A few places have started to dig into the wealth of my educational, professional and personal experience to honestly think about where someone with my personality, drive and ambition can be of use to their company and mission. Applications going on six months are finally taking root in the fertile soil of a prospective employee named James Allen Hutson.

But, I am back to that race between eviction and income earning – with both horses neck-and-neck. It's becoming a decision of whether to buy toilet paper or pay the phone bill. Many would say it's obvious what I should pick. But have you ever tried to get a job interview by snail mail? Or driven to an interview in faded, frumpy clothes?

So, my dear readers, if you pass by a man on the street that looks new to the brick upon which you walk, stop and say hello. Be gentle and kind; you don't know the story that sits there.

It may be me. Again.



## Doctors prescribe free produce to control disease

by Francesca Lupia

In July 2015, St. Joseph Mercy Ann Arbor expanded its involvement in the Prescription for Health program, an initiative designed to provide low-income Washtenaw County residents with access to fresh fruits and vegetables. The Washtenaw County Public Health program, which has enrolled over 1,000 patients since its 2011 launch, allows physicians at participating clinics to write patients a "prescription" for healthy eating, which can be redeemed for up to \$100 in fresh produce at local farmers' markets. Physicians at St. Joseph Mercy Academic Internal Medicine Clinic can now offer this prescription, and patients can pick up their farm-fresh produce at The Farm at St. Joe's Farmers Market.

The Kresge Foundation-funded Prescription for Health (PFH) program addresses an often-overlooked connection between income, nutrition, and health. Susan Ringler Cerniglia, the program's lead evaluator, observed, "We have a health system that doesn't necessarily give advice based on the reality of everything that influences an individual's health, and we have an environment that offers us a lot of cheap, unhealthy choices."

In other words, a well-meaning doctor's advice to cut back on junk food means little when a patient can't find or afford healthier options. As St. Joe's chief mission officer Michael Miller explained, "Fruits and vegetables cost more than fast food and processed food, and the expense can become a barrier for many people in need."

Sharon P. Sheldon, PFH's program administrator, noted that the areas of Washtenaw County with the highest rates of obesity and chronic disease were often those in which residents ate the least fruit and vegetables. She also observed that downtown Ypsilanti and Chelsea (two of the program's target areas) suffer from a scarcity of grocery stores, leaving residents to rely on

convenience stores and fast food restaurants for their nutrition needs.

Inspired by similar programs in California, Sheldon and the Washtenaw County Department of Public Health launched PFH as a pilot initiative in 2008. It was formalized in 2011, and has since partnered with local organizations such as Food Gatherers and the Regional Alliance for Healthy Schools. Physicians at six clinics in Ann Arbor, Chelsea, and Ypsilanti now participate in the program.

Throughout the PFH process, health professionals work closely with patients to ensure that they build and maintain good nutritional habits. Physicians assess each patient's dietary needs, risk for chronic disease, and barriers to food access before recommending the program. After reaching an agreement with the patient, doctors write a "prescription" for healthy eating and provide patients with ten food coupons. Patients bring their prescription to any one of five local farmers' markets, where they can exchange each coupon for \$10 in tokens to buy fruits and vegetables.

At each participating market, community health workers (CHWs) provide patients with nutritional advice. Over the past three years, PFH has enhanced patient-professional communication by creating a newsletter, sending out reminder postcards, and offering monthly events and consultations about healthy eating. CHWs also provide patients with information about other resources, including housing options and Bridge cards. After noticing that lack of transportation (particularly during winter) prevented some patients from visiting markets, PFH partnered with Food Gatherers to distribute monthly Fresh Food Boxes full of local produce. PFH also has cooperated with the Ann Arbor Area Transportation Authority to provide a winter shuttle to the Ypsilanti Farmers Market.

During its four years of operation, the

Future of Public Health Award-winning program has produced a clear positive impact on Washtenaw County's public and economic health. PFH patients report an average increase of one cup of fruits or vegetables eaten per day. Over 80 percent of the 234 participants in the 2014 program reported that PFH allowed them to manage an existing health condition. Dr. Sara Platte, medical director of the participating Neighborhood Family Health Center, reported that "patients in this program have experienced better controlled blood sugar levels, lower blood pressure, and weight loss." Patients also reported increased knowledge of how to use Bridge cards (formerly food stamps) and improvement in overall health. In the words of one program participant, "My health is better because I'm eating more fruits and vegetables. I have more energy, and I'm watching what I'm eating."

Seventy-six percent of last year's participants were female, and 61 percent had an annual household income below \$15,000. Almost half of participants reported having at least one child in their household. Said one PFH patient and parent, "I have been getting vegetables on my kids' plates. [It] stems from coming to the farmers' market. It wasn't an everyday thing before that." PFH's 2014 partnership with the Regional Alliance for Healthy Schools also targeted nutrition-insecure youth, who reported that they enjoyed the opportunity to "eat healthy and try new things."

And patients aren't PFH's only beneficiaries. According to Washtenaw County Public Health's 2014 outcome report, patients spent a total of \$14,730 at participating farmers' markets, providing an economic boon for the small business owners who sell their wares there.

"Prescription for Health is an excellent example of multiple organizations improving health together," said Sheldon. "Now, more clinics can offer easy-to-use health advice, participating low-income patients can eat more fruits and veggies, and local markets can gain new customers. It's a win-win partnership."

*The Farm at St. Joe's Farmers Market is held every Wednesday from 11 a.m. to 1 p.m. at 5305 McAuley Drive in Ypsilanti. Clinics participating in Prescription for Health include: St. Joseph Mercy Neighborhood Family Health Center, St. Joseph Mercy Academic Internal Medicine Clinic, Packard Health, Hope Clinic, Faith in Action, and the U-M Chelsea Health Center. Participating farmers' markets are Downtown Ypsilanti Farmers Market, Ypsilanti Depot Town Farmers Market, Chelsea Bushel Basket Farmers Market, Chelsea Saturday Farmers Market, St. Joseph Mercy Ann Arbor Farmers Market, and The Farm at St. Joe's Farmers Market.*

For more information, visit the PFH website: [www.ewashtenaw.org/prescriptionforhealth](http://www.ewashtenaw.org/prescriptionforhealth).



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## Ann Arbor Senior Center

by Susan Beckett

Active aging is a component of staying healthy and the Ann Arbor Senior Center provides a location and programming to do so. Classes, games and cultural events form the backbone of their offerings.

One of the most popular programs, bridge games, draws younger people as well as “seniors” (age 50 and up, for their purposes). There are classes, social bridge, duplicate bridge and even bridge league-sanctioned bridge games. Conversational French, acoustic jam sessions and mahjong also draw a multi-generational crowd. French enthusiasts have played Wii games in French and hope to soon have French movies to show. All these activities are valued for their contributions to mental health, as well as being social and enjoyable.

The Senior Center fosters quality experiences that enhance wellness and socialization. The Legacy Project brings Skyline High School students into the center. They interview willing seniors and produce a video that they then show at the Senior Center. Fifth-graders from nearby Burns Park Elementary School repeat their annual chorus performance at the Senior Center. Performers and audience share cookies after the show.

The attractive main room doubles as an art gallery replete with opening galas. The *Seeing Latitude* art exhibit by Brenda Miller Slomovitz was presented this spring, and *Reinvention* by Laurence Bond Miller runs through August 15.

The popular Parks and Recreation Summer Concerts in the Park, at Burns Park, kicked off June 28 with Gemini and will continue every Sunday at 1:30 through August 16. Storyteller and troubadour Neil Woodward performs on Tuesday, August 4 and is followed by the Tecumseh band The Blue Tide on August 9. The August 16 performance features Cedric Liqueur, a performer in the London Royal Shakespearean Academy, in a one-man play – *Rocks in My Bed: Duke Ellington and His Music*. A Kiwanis Club grant funds these intergenerational events.

Many people first try their hand at Pétanque, a game similar to bocce, during the intermissions of the park concerts. Many return, especially on Sundays around 1:00 p.m., for competitive games. Other popular events include Wednesday evening state-licensed Bingo games at the center (run by the Knights of Columbus), and the holiday party at Cobblestone Farms. Google is cosponsoring a Senior Center barbecue with live music at Cobblestone Farms on August 13.



**Karla Groesbeck teaches Tai Chi at the Ann Arbor Senior Center. Tai Chi is a low-impact, gentle exercise with proven benefits for aging. Information about Karla can be found at [www.GoodEnerChiStudio.com](http://www.GoodEnerChiStudio.com)**

Washtenaw Community College offers free classes at the Senior Center, currently Tai Chi and Painting with Water Colors. Volunteers to offer more workshops and classes are always in demand.

The Ann Arbor Senior Center is currently working on developing fitness programs for seniors, including a walking program and the acclaimed Fit and Strong program. Fit and Strong offers stretching, balance, aerobic, and endurance exercises with health education, problem solving and goal setting.

The Center is located at 1320 Baldwin in a green building next to the tennis courts at Burns Park. Their parking lot fills quickly in the Monday-Thursday afternoons that they have regular programming, but streetside parking is available. The nearest bus stops are a few blocks away at Packard and Wells or Packard and Granger. Most people come to the Center from outside the immediate neighborhood, some from even beyond Ann Arbor.

The building is fully accessible, and much of the programming is free. Need-based scholarships are available for the rest. The absence of a bus stop at the Center does inhibit use in the winter for some and year-round for those who are wheel-chair bound. The A-ride and Senior Taxi, with a fare of three dollars, are options with advance scheduling.

Some taxi drivers still refer to the Center as “The Barn.” Burns Park was a race track many years ago and the Center is where the horses were housed in the late 1800s. The half-mile race track became the stomping grounds of the Ann Arbor Driving Club in 1910 and they relocated the barn to its current site. It burned to the ground in 1911 when it was hit by lightning. It was rebuilt and expanded to include living space for a groom. Use of the track ended in the 1920s.

The Center also hosts volunteers who helped 125 seniors with tax preparation and opportunities like the AARP Driver Awareness program, which helped 10 seniors lower their insurance premiums this spring.

Some of the programs take place at other locations. The six-week PATH Diabetes workshop starting on September 15 will be sited at Gallup Park. (Call 800-852-7795 or email [wellnessprograms@aaa1b.com](mailto:wellnessprograms@aaa1b.com) to register.)

One of Simmons’ fondest memories from the 12 years she has been with the Center is of a couple, Luz and Bob, who met there. Bob would DJ and lead the dancing at the Friday night dances they used to hold. They were later married and were honored as king and queen of the “Senior Prom” multiple times.

“They wore top hats, his shoes lit up, and their dancing was stunning,” Simmons recalled.

Another senior who inspires Simmons is Mary Helen, who goes to Mexico for several months each year to clean up graffiti there. Mary also inspired and led a multi-generational graffiti cleanup in Ann Arbor.

Although membership is not required, the \$25 single or \$35 family annual fee supports the Center. Members receive discounts on classes and bridge fees. New activities, such as a monthly lunch potluck, are starting all the time. For more information, you can “like” the Ann Arbor Senior Center on Facebook, stop by the Center from 9 a.m. until 4 p.m. Monday-Thursday, or visit their website, [www.a2gov.org/senior](http://www.a2gov.org/senior).



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Pope Francis, On the Care of Our Common Home

#### Mass Schedule

**Saturday**

5:00 p.m.

**Sunday**

7:00 a.m. 8:30 a.m. 10:30 a.m. 12: p.m. & 5 p.m.

St Francis of Assisi Parish  
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Ann Arbor, MI 48104  
(734) 769-2550  
[www.stfrancisa2.com](http://www.stfrancisa2.com)



# Gay marriage: unresolved issues left in the wake of Supreme Court decision

by Angie Martell  
Groundcover Contributor

On June 26, 2015, the United States Supreme Court ruled that gay and lesbian couples have the “fundamental right to marry.” The decision, *Obergefell v. Hodges*, was a consolidation of four marriage equality cases from the Sixth Circuit Court of Appeals (covering, Michigan, Kentucky, Ohio, and Tennessee). It is seen as a fundamental shift from state and federal same-sex marriage bans to a nationwide judicial embrace of equal rights for gay and lesbian couples.

In practical terms, the decision means that same-sex couples can now marry in all 50 states and U.S. territories. All states must now recognize same-sex marriage “on the same terms and conditions as opposite-sex marriage.” The decision also holds that under the “Full Faith and Credit Clause” of the U.S. Constitution, states must now recognize couples who were already married in a different state, but whose marriages were not recognized by states in which they lived.

Still, there are many issues left unresolved by the recent Supreme Court decision, such as the protection of basic civil rights, employment protections, health insurance benefits, real property, parental rights and custody, and probate matters.

Michigan’s constitutional ban on same-sex marriage, which was one of the most restrictive in the country, has been declared unconstitutional.



**Celebration in Braun Court on the day of the Supreme Court decision on gay marriage. Local dignitaries and legal experts shared their reactions. Photo by Kim Borger.**

However, this decision will not be the last word on issues affecting gay and lesbian people given that there are still 28 states, including Michigan, that do not have civil rights protections for gays and lesbians. Living in Michigan without the protections afforded by the State’s civil rights laws is both trying and unpredictable for same-sex families and individuals.

In Michigan, a coworker could congratulate a gay employee for his or her upcoming nuptials, and the next day the gay employee could find a pink slip on his or her desk. Legally married gay couples could find themselves denied equal rights to housing, and the legal landscape is still uncertain regarding the legal status or parentage of their children.

It is interesting to note that Michigan recognizes marital status as a protected classification under its primary employment discrimination law,

Michigan’s Elliot-Larsen Civil Rights Act (ELCRA), and employers need to carefully evaluate adverse employment actions against employees in gay marriages to ensure that such actions do not violate ELCRA. Returning to my previous example, the gay employee may be fired on the grounds of sexual orientation, but not marital status; in other words, the gay employee can be fired for being gay, but not because of the upcoming same-sex marriage.

Employers and other plan sponsors of insured health and welfare plans in Michigan will be required to offer insured benefits to same-sex spouses because state insurance law will now require the term “spouse” to be interpreted to include them. As a result of the Court’s decision, there will no longer be imputed income for state tax purposes with respect to employer-provided healthcare coverage for same-sex spouses, meaning that they will not have to pay income taxes on the value of the insurance for the spouse. This also allows for consistent administration in all states in which an employer operates. The Internal Revenue Service has stated that same-sex couples could file amended tax returns as married and file jointly for only those years for which the statute of limitations had not elapsed. It is expected that same-sex couples will also be able to file their state taxes in the same retroactive manner.

An unclear issue from the decision is how far the retroactive effect will reach in the recognition of same-sex marriages. What is the effective date for these marriages in states with prior unconstitutional bans? Is it the date of the decision, or is it the date the marriage was actually performed in a different state that had previously allowed same-sex marriage? If the couple had previously married in several states due to the continual

shifts in which states recognized same-sex marriage, which date of marriage takes precedence?

Some companies in Michigan, while presently accepting same-sex marriages, are stating that couples who were legally married in a different state prior to the Supreme Court’s decision but had not been recognized in Michigan due to Michigan’s constitutional ban can now be recognized as legally married with an effective date of marriage as June 26, 2015 rather than their actual date of marriage. Currently, there is also no guidance provided on implications involving the employee benefit plans’ failure to recognize marriages prior to these marriage bans being declared unconstitutional.

The retroactive effect issue and the actual marriage date are also very significant in the dissolution of same-sex marriages and property division. Will the date of marriage be viewed and accepted as the date that the same-sex couple married in a different state or only on the date of the Court’s decision?

On its face, it seems that this latter view is incompatible with the retroactive effect and application of *Obergefell*. Generally speaking, constitutional decisions regarding equality of United States citizens are given retroactive effect according to the principle that the Constitution hasn’t really changed and what the Constitution requires now is what the Constitution has always required in its Due Process and Equal Protection Clauses.

In terms of retirement plans, the impact of the decision could be that plan sponsors may decide to no longer recognize domestic partners now that they are free to marry in all states.

One of the most damaging consequences of states’ refusal to recognize same-sex marriage has been its impact on legal parentage. Due to the lack of recognition of parentage, children born to a same-sex couple who married in a different state prior to June 26, 2015 were unrecognized as heirs if their non-biological parent died. In addition, the non-biological parents’ legal rights were also uncertain. Now, as a result of the *Obergefell* decision, all children born into legally-recognized marriages are presumed to be the children of that couple, whether that couple is same-sex or opposite-sex. However, same-sex couples still face legal hurdles towards achieving full parental recognition for their children.

Michigan Law Section 700.2114 states

see MARRIAGE, page 11

## Kickin' it Old-School!

Start the new school year with old-school treasures. Find back-to-school bargains at the Kiwanis Thrift Sale, now at two locations!

\*Items shown are representative of typical sale items, not actual inventory.



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## Sudoku ★★★★★☆ 4puz.com

7		5		8				9
3	1		6					
6	9				1			
			2				5	3
4								1
8	5				4			
			8				3	6
					6		2	4
9				2		8		7

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

## Cryptoquote:

XA TKKNL TKI'Q JPRNQ  
UGAKTFJV JETIE; XA TKKNL  
TK JPRNQ ZJIQTIE QR YLXJTI  
BTERYRNK JIO ARNQGMNV  
TI XA KUTYTQ.  
— YRP VRZL

Clue:  $\Omega = \Xi$

## Groundcover Vendor Code

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

*All vendors must agree to the following code of conduct:*

- Groundcover News will be distributed for a voluntary donation of \$1, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell

to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

If you see any Groundcover News vendors not abiding by the code of conduct, please report the activity to:  
[contact@groundcovernews.com](mailto:contact@groundcovernews.com)  
734-707-9210

### ACROSS

- Jordan Spieth's sport
- Appears
- Gear teeth
- Musical piece
- Advice
- Eve's son
- Hopeless person
- Ms. Barrett
- Gain access to
- Lilly, pharmaceutical giant
- Sloped
- Poorly illuminated
- Bird's nail
- Krypton, for example
- Restaurant
- Horried
- Soft tissue
- Asunder
- Sword
- The Tonight Show host
- Rope fastener
- \_\_\_\_ Brockovich
- Summit
- Moon of Jupiter
- Solitary
- Ornate chair
- Seabird
- Mesh
- Wayne or Myers
- Mr. Anderson
- Make
- Mine output
- Passion
- Arizona tribe
- Oregon National Park
- Pollster Gallup
- Entertainer
- Norse god
- Climbing plant
- "\_\_\_\_ of Cawdor"
- Require

### DOWN

- Actor/comedian Kaplan
- Mediterranean seaport
- Itemization
- Pretended
- Ignited
- At \_\_\_\_; simultaneously
- Hurricane name

### Shipping

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17					18						19			
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37			38		39			40			41			
42					43						44			
45					46						47			
48				49		50			51		52			
			53		54			55		56				
57	58	59			60	61	62		63		64	65	66	
67					68				69					
70					71						72			
73					74						75			

- Rondo, cantata, etc.
- Sault \_\_\_\_ Marie
- Sidewise handspring
- English horn's cousin
- Chromosome's component
- Word preceding happy or dash
- \_\_\_\_ Haraldsson, King of Norway
- Weaken
- Parade participant
- Light source
- Musical key
- Hebrew letter
- Possessing better judgment
- Unit of data
- Tennis pro Chris
- Chef's garb
- European river
- Opinion

- Entertainment revenue
- Provide comfort
- \_\_\_\_ a chance!
- Neighboring
- Conflagrate
- Acrylic fiber
- Singe
- Candy brand
- Primates
- Pro \_\_\_\_
- English college
- Florida county
- Tulsa resident
- Pull apart
- Pixie-bob
- "Able was I \_\_\_\_."

Puzzle by Jeff Richmond



## Bethlehem United Church of Christ

423 S. Fourth Avenue, Ann Arbor, MI 48104  
734-665-6149

*Bethlehem Church is the home of the Groundcover office*

### Sunday Worship Times

8:30 am and 10:00 am

Summer Sunday school at 10:15 am  
Fellowship Hour follows each service

### As summer rolls on . . .

We invite you to stop in and browse our library  
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Grab a good book and relax in our backyard picnic area.  
While you are here, stop in and say "Hi" and learn more about all  
the ways we are reaching out to our community.  
And our course, we welcome you to our joyful, meaningful,  
and welcoming worship services each Sunday morning.

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[www.youtube.com/user/  
BethlehemChurchA2](https://www.youtube.com/user/BethlehemChurchA2)



[bethlehem-ucc.org](http://bethlehem-ucc.org)



## James Eric “Jimmy” Hill



and a friend and confidant to so many more. Your constant support of and solidarity with the most vulnerable and marginalized members of our society is an inspiration.

Jimmy passed on June 25, 2015, at age 48 after a 6-month battle with cancer. He was the loving father of Christopher Hill, Zachary Hill, Tyler Hill and Mary Kate Hill; beloved son of Anita and Jimmy Hankins; dear brother of Jimmy Dean Hankins and Robert Hankins; dearest grandfather of Annabelle Rose Hill and one on the way. Jimmy also leaves behind a legacy of doing what you can with what you have. Many of us have been on the receiving end of Jimmy's gracious generosity and good-natured spirit! So it goes...

by MISSION members Sheri Wander and Greg Pratt

Our hearts ache with the loss of our dear friend, James Eric Hill. RIP, Jimmy. What is remembered, lives. And oh, you will be remembered! You took the suffering and challenges in your life and used them to help others; a role model and father figure to so many,

Thank you, Jimmy, for your friendship and your support. More than a friend, you were family. Our lives are better for having known you. May the ancestors greet you with open arms, and may those who mourn your passing in this realm find some comfort in knowing with certainty that the world is a better place for your time in it. James Eric Hill: *Presente!*



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### Zion's Worship Schedule

#### Tuesday

Terrific Tuesday Worship • 7:30pm

#### Wednesday

Chapel Worship with Holy Communion • 10:00am

#### Sunday

Drive in Worship • 8:30am (all summer)

Blended Worship with Holy Communion • 9:30am

Contemporary Worship with Holy Communion • 11:00am

 Find us on  
**facebook** @ Zion Lutheran Ann Arbor

## Washtenaw County Zero:2016 Initiative Update

In January 2015, Washtenaw County joined 75 other communities across the country when it launched its participation in the Zero:2016 initiative, a national movement to end veteran and chronic homelessness by the end of 2016.



### Overall Goal

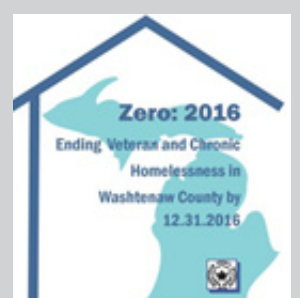
- House 153 Veterans by 12/31/2015 and
- House 121 chronically homeless by 12/31/2016

### What is Zero?

The goal of Zero:2016 is to end homelessness by reaching a “functional zero” count. Functional zero is reached when, at any point in time, the number of people (veterans or chronic) experiencing sheltered and unsheltered homelessness will be no greater than the current monthly housing placement rate for that population (veteran or chronic).

### You Can Help!

We're halfway through the year and need your help to house 111 veterans by the end of the year, or in practice, 13 a month. It comes down to additional financial support to help with move in costs, and finding units committed to our effort. To donate, offer units, and follow monthly progress visit our website and share the message.  
[www.ewashtenaw.org/Zero2016](http://www.ewashtenaw.org/Zero2016).





## Land as a right – book excerpt

by Martin Adams

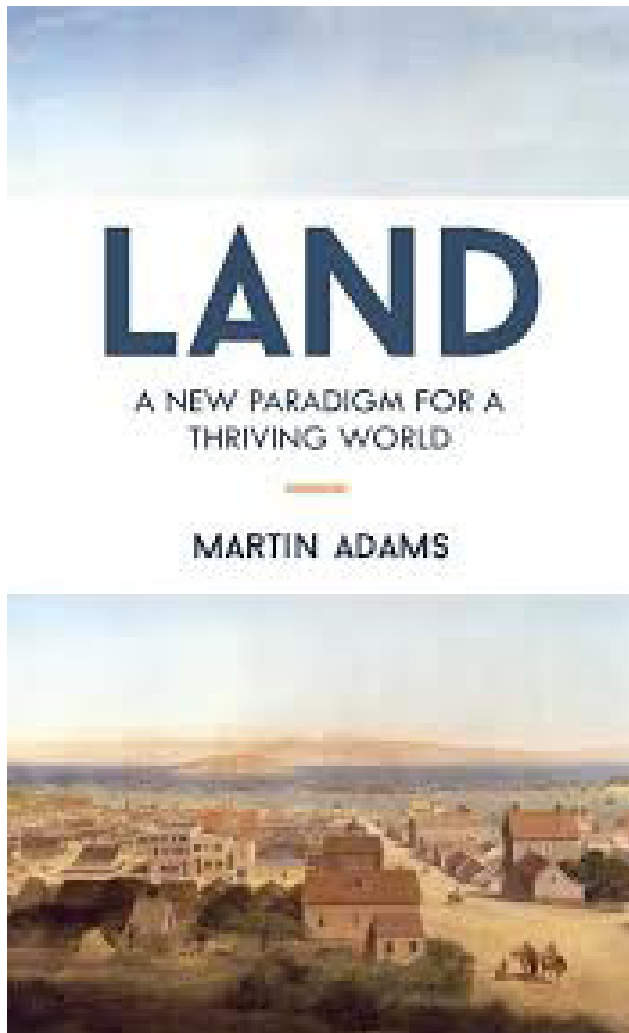
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### Affordable Housing

Having one's own home can tremendously ease one's mind in a way that few other things in life can; the homeless are often painfully aware of this reality because they lack that psychological security. While some people tend to believe that the homeless are either lazy or mentally incapable of earning enough money to afford a place to live, few people consider the principle that land has to be shared with all human beings – regardless of whether a person contributes to society or not. This is because no human being has made land; therefore no human being has a justifiable right to marginalize another person from land. Furthermore, all of us need land, just like we need air to breathe.

Since everyone has a basic right to land, it's society's duty to provide a minimum standard of free land access to all its members. It can do this for property owners and tenants by providing them with a Universal Basic Income; the homeless, however, should also be given the option of free public housing (the cost of which can be deducted from their Universal Basic Income share) so that they can have accommodations without living in fear of being evicted. To provide the homeless with free housing also makes sense on a financial basis, since the cost of providing housing for the homeless often tends to be significantly less than the actual welfare costs and societal burdens that are created by homelessness.

For example, the annual cost of emergency room visits and jail stays for the homeless in San Francisco was estimated in 2004 to be approximately \$61,000 per person, whereas the cost of providing a homeless person with permanent housing, treatment, and care was estimated at only \$16,000. (See Angela Alioto, et al. "The San Francisco Plan to Abolish Chronic Homelessness," June 30, 2004, San Francisco Mayor's Office of Housing and Community Development.)



Land is a universal human right. Consider how important it is for the human mind to have a ground to call its own! But in order for everyone to have their own ground, the value of land has to be shared, and housing has to be provided to those who live on the margins.

Land belongs to the people, yet the homeless are not only homeless – they are landless. Their poverty is less a reflection of their inability to sufficiently provide for themselves in a predatory economic system, and much more a reflection of our collective ignorance. Once we realize that everyone has a right to land – and therefore, to shelter – and once we realize how we commoditize this right to the highest bidder, it becomes apparent how we each are complicit in each other's poverty. It is therefore up to all of us to do our part in alleviating poverty and creating, in the words of author Charles Eisenstein, "the more beautiful world our hearts know is possible."

*Editor's Note: At 7:30 p.m. on August 3, Literati Book Store will host an evening panel discussion of activists, economists, and authors to talk about how sharing the value of land is a key ingredient to promoting housing affordability, ending unemployment, preventing economic recessions, and creating a more fair and equitable world for all. The panelists will include Martin Adams, Lindy Davies, Alan Hartzok, Edward Miller and Jacob Schwartz-Lucas.*

## Remorse

by Martin Stolzenberg  
Groundcover News Contributor

Some of us will recognize the words from this Connie Francis oldie, "Who's Sorry Now":

*Right to the end  
Just like a friend  
I tried to warn you somehow  
You had your way  
Now you must pay  
I'm glad that you're sorry now*

But, there is the nagging question, *Are they really sorry for their actions or is this a convenient cover for being caught?* It seems too easy to have people literally cry remorse, begging to be forgiven by society or family, friends, teachers or employers.

How does one really know if people are sincere in expressing remorse? It's really tough to really size people up, to know whether they're lying or telling the truth, especially based on limited exposure.

In 2001, President George W. Bush issued a truly astounding appraisal of Vladimir Putin, who has run Russia since replacing Boris Yeltsin in 1999. "I looked the man in the eye. I found him to be very straightforward and trustworthy. We had a very good dialogue. I was able to get a sense of his soul; a man deeply committed to his country and the best interests of his country."

In reality, Putin has shown himself to true to his former profession as head of the KGB and almost as anxious as Hitler was to expand his borders.

So much for eyeball judgments. It is easy to recall all the times we were lied to by prominent people and had them later "eat crow." Here are some reminders:

- President Richard Nixon said, "I

am not a crook" when trying to vindicate himself from the Watergate investigation.

- Bill Clinton said, "I did not have sexual relations with that woman" about Monica Lewinsky, a White House intern. That stood up until Monica's dress with the President's semen on it turned up.

Politicians aren't the only ones who are liable to stretch the truth:

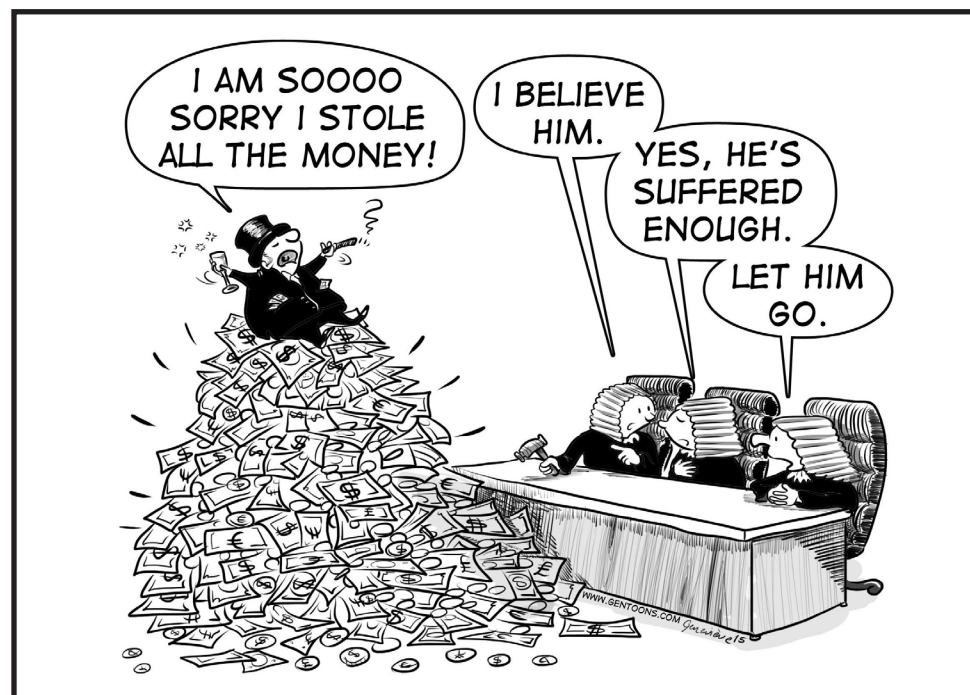
- Pete Rose denied for about 20 years that he had bet on baseball games, before finally coming clean in his autobiography in 2004.
- Bernie Madoff, a lion of Wall Street, lied going back to the 1970s, until he was caught in 2008. He hoodwinked thousands of foolish investors to the tune of \$60 billion. Think of all the people he looked in the eye and successfully lied to.
- And then there is the worst liar of them all – Pinocchio. He has the distinction of being the one it is easiest to call out because his nose got bigger every time he told a fib. Don't we wish this was so for our real-life fibbers?

That is the problem. We really rarely know when someone is lying to us unless we have contradictory proof. That is also the case in remorse.

You have to go by judgment and judgment is faulty, especially if one has a lot at stake like pleading remorse to a judge before sentencing or making a case to a parole board to grant early release. That someone looks directly into the eyes or speaks with great sincerity or sheds a few tears or tells a good story or speaks with great feeling or is articulate really isn't "worth a hill of beans."

And how about the prisoner who appears before the parole board, showing

see REMORSE, page 11





## Gay marriage: unresolved issues

continued from page 7

that if a child is born or conceived during a marriage, both spouses are presumed to be the natural parents of the child for purposes of intestate succession (distribution of property in the absence of a will). For same-sex couples, a child conceived following utilization of assisted reproductive technology is considered the child of both parents. However, if there is a known donor, then there may be a maternity or paternity issue that could put the child's parentage and inheritance rights, as well as those of the non-biological parents, at risk. The issue, once again, is defining the date of the marriage.

Opposite-sex couples benefit from a conclusive assumption of parentage for all children born within the marriage. However, for same-sex couples who conceived or had children born from an out-of-state marriage but whose marriage was not recognized until June 26, 2015, it is likely they will have to obtain a court order or a second-parent adoption for their children. Additionally, married same-sex couples can use the stepparent adoption procedures that other married couples use.

A same-sex married couple having a child after June 26, 2015 with assisted reproductive technology without a known donor should not face the same challenges that same-sex married couples faced in the past.

Still, the National Center for Lesbian Rights (NCLR) has publicly stated that regardless of "whether you are married or in a civil union or a comprehensive domestic partnership, NCLR always encourages non-biological and non-adoptive parents to get an adoption or

parentage judgment, even if you are named on your child's birth certificate."

Gay couples still face hurdles in the area of foster care and adoption placement. Recently passed laws in Michigan allow adoption agencies to refuse to place children with a same-sex couple if the agency objects on religious grounds. These agencies, which are publicly funded, account for more than 80 percent of the placements for children in adoption in the State of Michigan. Future litigation is expected in this matter.

In the past year we have seen the rise of some troubling legislation. This legislation is seen as the latest efforts of a continual push to pass "Religious Freedom Restoration Acts" that specifically target gay and lesbian individuals and couples by asserting under the grounds of "religious freedom" the refusal of service, the denial of employment and housing, and other actions that act against a citizen's rights if the person claims that working with or for that citizen would violate their "religious freedom." Disturbingly, this also includes the right to deny emergency medical assistance (EMT) services.

The truth is that the subjugation and intolerance of others is not acceptable. The true "threat to democracy" is not the recognition that all LGBT people deserve to be treated equally; the threat to democracy is that if they are not treated equally and fairly, then we have turned our backs on the most fundamental tenet of our constitution.

## Remorse

continued from page 10

no remorse, insisting he was innocent and stays in prison, while another prisoner, a fibbing guilty one, shows great remorse and gets early release. Is that fair?

So all this gets down to recommending *that remorse no longer be a consideration in the sentencing deliberations*. Excluding remorse frees up the decision makers just to concern themselves with more real, tangible evidence.

It has been stated in the *Journal of the American Academy of Psychiatry*

and the Law of March 1, 2014, "... the relevance of remorse remains controversial in legal reasoning... There is difficulty of actually discerning a person's remorse in human expression and then differentiating it from other emotions."

We should also remember this in our personal lives. Don't run the risk of being duped by some "sweet talker" expressing remorse. So until science comes up with a way to make a person's nose get bigger if he or she is telling a remorse fib, which perhaps will be called a Pinocchio serum, then out with remorse.



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## Cryptoquote Solution

**My issue isn't about physical aging; my issue is about wanting to remain vigorous and youthful in my spirit.**

**— Rob Lowe**

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7		5		8				9
3	1		6					
6	9				1			
			2				5	3
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G	O	L	F		L	O	O	M	S		C	O	G	S
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R	O	S	E		T	H	A	N	E		N	E	E	D

## GROUNDCOVER NEWS ADVERTISING RATES

Size	Black and White	Color	Approx. Size
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## Miriam fulfills promise, starts writing



by **Miriam  
Lindsay  
Groundcover  
Vendor #6**

I'd like to start by saying hello to all of our dedicated Groundcover News paper readers. My name is Miriam Lindsey. I am Vendor #6. I get asked often by supporters of our news paper, "Do you ever write for Groundcover News?"

And I answer, "Yes, only once."

That article was called "Miriam Lindsey Takes on Social Security." My next article was supposed to be about the outcome of my Social Security case, pending since 2009. I just got the good news that the case was decided in my favor and the settlement should move forward next month!

Meanwhile, I haven't thought much about what else to write about, but I've told some of our supporters that I'd start writing articles. So, here I go!

First, I can truly thank Groundcover News for showing me a way out of the Delonis Shelter. I've never had to return. When Susan Beckett published the first Groundcover paper, I received my first donations. I am all of what Groundcover is meant to stand for, all of what Susan Beckett had in her heart and on her mind, when Groundcover News was born.

I have epilepsy, I am legally blind, I suffer from mood swings. I grew up in different State Hospitals from age 10 to 18, with very little education. Like I said, I am the perfect representation of what Groundcover News is all about.

At age 64, my granddaughters gave me their dog as a birthday gift. His name is Rosco – he is also known as Vendor #6½. Rosco does a very good job making people laugh and putting smiles on their faces. Some even stop to make a donation and get a paper.

Groundcover News: News and Solutions from the Ground Up is a good thing. Please do not feel sorry for me, because God is great. I'd rather you take from my article that selling Groundcover News is a job to some vendors like myself – Vendor #6... and my assistant, Vendor #6½.

## Refrigerator pickles



by **Liz Bauman  
Groundcover Contributor**

This recipe has been handed down for generations by family friends. It brings back fond memories for many and is always a hit at potlucks or picnics.

### Ingredients:

- 7 cups cucumbers (thinly sliced)
- 1 or 2 medium onions
- 1 cup sugar
- 1 cup vinegar
- 1 tablespoon celery seed

### Directions:

Cover cucumbers and onion with 1 tablespoon kosher salt. Refrigerate overnight. Drain.

### Mix:

- 1 cup sugar
- 1 cup vinegar
- 1 tablespoon celery seed

Stir until sugar dissolves. Pour over cucumbers and return to fridge for a least two hours.

*Serve cold or at room temperature.*

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## Strange (but Mostly True) Stories About a Mother and her Daughter • Cy Klone © 2015

Wow, did you see our new grass on the balcony?!?

About time! I've been wanting more fiber in my diet ever since I ate everything else that was planted out here.

Don't forget I like sleeping on the grass.

You know that's wheat-grass, right Mom? It's not real grass.

It's still nice to stretch out on! Don't worry, though, you can nibble on my personal lawn for your roughage.

So the grass you don't crush first will be my personal salad bar? Got it.

Speaking of salad bars, why does it take you five minutes to find just the right blade of grass to eat? Your constant sniffing and nosing around disturbs my naps.

As a one in a million cat MAYBE one blade out of every hundred is suitable for my special Diet of Awesomeness! Sorry for the bother mother.